

# Cooking Together

A Cooking Program for  
Heart & Stroke Survivors and Caregivers

Healthy Harvest! - Learn about use of seasonal produce  
and how to prepare plant based proteins



**Thunder Bay Regional Health Sciences Stroke and Healthy Lifestyles funded program to promote a healthy diet with heart disease and stroke.**

**CONTACT TODD KENNEDY TO REGISTER:  
807.345.6595 EXT 105**

**SPOTS ARE LIMITED – REGISTER BY AUGUST 19TH**

**DATE: THURSDAY AUGUST 22, 2019**

**TIME: 1:00–3:00**

**LOCATION: ROOTS TO HARVEST KITCHEN  
450 FORT WILLIAM ROAD, THUNDER BAY**

**COST: FREE**



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